



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Alicia Lloyd 31/5/22

Diet recommendations

- Continue low dairy (no cow dairy) & GF
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- Include betaine foods where you can - sweet potato, quinoa, turkey, amaranth, beans

Assessments/referrals

- N/A - retest of vaginal microbiome profile in a few months

Other

- Reproductive Lifestyle sheet - slowly make all changes at home
- Ask GP surgery for day 2 results - all so far dated 4/4/22 which is your day 21
- 98alive syrup for Hayes

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG (guar gum)		1-2 scoops					Good for whole family
RNLabs Calcium d Glucorate						1/2 tsp	
Biomedica Femmex Forte or Lifespace probiotics		1 cap				1 cap	Needs fridge; take after antibiotics
Orthoplex Hydrozyme	1 tab				1 tab		For BV
Pure encapsulations liposomal Glutathione						1 cap	FX Med; Start low
Thorne Zinc Picollinate 25mg						2 caps	When needed
Bioclinic Naturals D3/k2						4 caps	1-2x week
Rn Labs Folinic acid		3 caps					Replaces Bioactive B
Metagenics EnergyX		1-2 scoops		1 scoop			
Bioclinical Naturals Ubiquinol 300mg		1 cap					CoQ10 supp



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RNutritionals curcumin Pure		2 tabs				2 tabs	FXMed; replaces DFH Curcum-Evail
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Flu recovery

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
98alive		2 caps		2 caps		2 caps	Insert into vagina; you can take these during antibiotics
98alive nasal spray		2 pumps				2 pumps	
98alive nebuliser starter kit						1 pessary	
Biomedica VegeNAC	2-4 caps		2-4 caps				Pause glutathione while on this
Biomedica Allimax		1 cap				1 cap	

<https://www.98alive.co/retail>

Pessary

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Lifespace Microflora Probiotics		1 cap				1 cap	Insert into vagina; you can take these during antibiotics
Boric acid pessaries						1 pessary	Start after you have finished antibiotics; 1 pessary 4x a week for 3 weeks
Biomedica Allimax						1 cap	Start after finished boric acid pessary - 2 weeks



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<https://www.chemistwarehouse.com.au/buy/87323/life-space-womens-microflora-probiotic-60-capsules>

<https://www.serenityph.com.au/product-page/14-pure-boric-acid-dissolvables-600mg>